

May

Bergen County Senior Center Menu

2026

Suggested Donation \$1.25 per meal

Donations are voluntary and confidential.

No one will be denied a meal if a donation is not given.

Guest Meals - \$5.37

Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults.

The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55%

Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
 CHAMPION YOUR HEALTH: MAY 2026	 MAY IS NATIONAL OSTEOPOROSIS AWARENESS AND PREVENTION MONTH	 MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH	 NATIONAL Women's Health MONTH	1 Cream of Spinach Soup Pot Roast with Gravy Scalloped Potatoes Sweet Corn Nibbles Multigrain Bread Chocolate Chip Cookie
4 Chicken Noodle Soup Egg Salad with Spinach Quinoa Vegetable Salad Beet and Onion Salad Pumpernickel Bread Sliced Pears	5 Marinated Tomato and Cucumber Salad Chicken Fajitas with Onions and Peppers Spanish Rice Mexican Corn Whole Grain Tortilla (x2) Ice Cream Cup	6 Navy Bean Soup Stuffed Peppers Mashed Potatoes Sauteed Spinach with Garlic Rye Bread Fresh Seasonal Fruit	7 Manhattan Clam Chowder Salmon Filet with Creamy Dill Sauce Parslied Noodles California Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	8 Garden Salad/ <i>Sesame Dressing</i> Chicken Florentine Wild Rice Pilaf Peas and Carrots Dinner Roll Sorbet 
11 Cream of Chicken Soup Cheese Omelet Turkey Sausage Seasoned Potato Wedges Diced Onions and Peppers Blueberry Muffin Fresh Berries	12 Garden Salad/ <i>Thousand Isl</i> Homestyle Meatloaf with Mushroom Gravy Baked Potato/ <i>Sour Cream</i> Broccoli Florets Whole Wheat Bread Fresh Seasonal Fruit	13 Pasta Fagioli Soup Italian Meatballs Ziti Marinara <i>Parmesan cheese</i> Italian Flat Beans Garlic Bread Fresh Seasonal Fruit	14 Garden Salad/ <i>French Dressing</i> Chicken Stuffed with Broccoli and Cheese Mashed Potatoes Peas and Carrots Whole Grain Dinner Roll Fresh Seasonal Fruit	15 Cream of Potato Soup Tuna Noodle Salad Marinated Cucumber Salad Broccoli Slaw Whole Grain Roll Sliced Peaches
18 Spinach and Mushroom Salad/ <i>Balsamic Dressing</i> Roast Pork Loin with Apple Cinnamon Glaze Baked Sweet Potato Braised Red Cabbage Rye Bread Fresh Seasonal Fruit	19 Creamy Cucumber Salad Chicken Tikka Masala Basmati Rice Sweet Peas Naan Bread Fresh Pineapple	20 Cream of Tomato Soup Korean BBQ Chicken Leg Diced Roasted Potatoes Asian Blend Vegetables Multigrain Bread Mandarin Oranges	21 Cream of Broccoli Soup Roast Turkey and Swiss Cheese with Lettuce and Tomato <i>Mayonnaise</i> 3-Bean Salad Vegetable Orzo Salad Whole Wheat Bread (x2) Fruit Cocktail	22 Carrot Slaw Cheeseburger with Lettuce and Tomato <i>Ketchup/mayonnaise</i> Baked Beans Red Skin Potato Salad Hamburger Bun Sliced Watermelon
25 CLOSED  MEMORIAL DAY HONORING ALL WHO SERVED	26 Lentil Soup Stuffed Cabbage Diced Roasted Potatoes Sweet Peas Italian Bread Fresh Seasonal Fruit	27 Health Salad Hawaiian Chicken Stir Fried Brown Rice with Onions and Peppers Honey Glazed Carrots Whole Grain Roll Sliced Pears	28 Vegetable Soup Roast Beef and Provolone with Lettuce and Tomato <i>mayo</i> German Potato Salad Carrot Slaw Whole Wheat Hoagie Roll Pudding Cup	29 Garden Salad/ <i>Italian Dressing</i> Roast Turkey with Gravy Mashed Potatoes Cornbread Stuffing Peas and Carrots Multigrain Roll Fresh Seasonal Fruit <i>Cranberry Sauce</i>

Each meal is served with skim milk and your choice of coffee or hot tea.

Prepared by Nancy Turnier, MS, RDN Registered Dietitian